

**MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
OCTOBER 28, 2014
PAROWAN, UTAH**

MEMBERS IN ATTENDANCE

Carma Sly
Sharon Griffiths
Art Cooper (Chair)
Clem Griffin
Joyce Griffin
Lael Chynoweth
Judy Henrie
Arlen Grimshaw
Earl Paddock
Doug Maxwell
Lois Bulloch
Ila Mae Swapp
Kenneth Wanloss
Gayle Rhode
Kaye Reese

REPRESENTING

Beaver County Advisory
Beaver County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Kane County Advisory
Kane County Advisory
Washington County Advisory
Washington County Advisory

MEMBERS NOT IN ATTENDANCE

Mary Schaidt (Excused)
Lavonne Waldren
Pauline Prince
Wallace Gibson (Excused)
Mary Stevens (Excused)
Tamara Atkinson (Excused)
Sharon Ott (Excused)

Beaver County Advisory
Beaver County Advisory
Garfield County Advisory
Kane County Advisory
Kane County Advisory
Washington County Advisory
Washington County Advisory

OTHERS IN ATTENDANCE

Audrey Conard
Jim Sly
Pam McMullin
Clare Ramsey
Donna Chynoweth
Vicki Ahlstrom
Connie Lloyd
Fayann Christensen
Christine Holliday
Amy Brinkerhoff
Carrie Schonlaw
Carolyn Moss

Beaver County
Beaver County
Beaver County Coordinator
Commissioner Garfield County
Garfield County Coordinator
Garfield County
Iron County Coordinator
Kane County Coordinator
Washington County Coordinator
Five County Association of Governments
Five County Association of Governments
Five County Association of Governments

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I. WELCOME AND INTRODUCTION

Mr. Art Cooper, Chair, conducted the meeting, welcomed council to beautiful Parowan and self-introductions were made.

II. MINUTES JULY 22, 2014

Mr. Art Cooper, Chair, requested a motion to accept the minutes of July 22, 2014.

MOTION WAS MADE BY MS. LOIS BULLOCH TO ACCEPT THE MINUTES OF JULY 22, 2014. MOTION SECONDED BY MR. ARLEN GRIMSHAW. MOTION CARRIED UNANIMOUSLY.

III. LOCAL SHARING

Mr. Art Cooper, Chair, requested local sharing from County Coordinators.

Ms. Donna Chynoweth - Garfield County

The last three months have been busy in Garfield County with tourism - regulars to the centers have been busy with local businesses - numbers are down a little. With aging, lose of seniors who regularly use center; volunteer driver and spouse of cook in Henrieville passed away. Buses at the centers have been busy taking trips to Filmore, Manti, Cedar Mountain, Panguitch Lake, Cedar City, and St. George. Very active Chronic Disease and Arthritis classes in Escalante - about 12 attending regularly; seniors asking for more classes. New yoga class now provided in Panguitch. DUP are using the Panguitch center for meetings and stay for lunch; Sons of the Pioneers hold meetings there in the evenings. Presentations at the centers have included Hard of Hearing, AARP; and ongoing health screenings and use of exercise equipment continue at each center. A New Low-income clinic (Community Health Center) in Escalante will

be completed February 1, 2015. It will have a new PA, full time dentist and pharmacy. Ms. Chynoweth recognized Commissioner Clare Ramsey and thanked him for his long and great support for the seniors in Garfield County.

Ms. Connie Lloyd - Iron County

Ms. Lloyd reported that with several health challenges at the centers, she has had to replace several staff and volunteers in the last few months. Seniors from both centers traveled together for a trip to Tuachan and a Picnic in the mountains. The Cedar Center has ongoing computer cricket classes, exercise programs; presentations for Hard of Hearing, AARP driving classes, and Alzheimer's memory activities. The floor has been refinished. Ms. Lloyd suggested that council member visit downtown Parowan and see the completion of main street, with a new road and lights, new church and Family Dollar Store. The city may be getting a new city office building. Activities in Parowan include puzzles, billiards, and music. Both quilters passed away - looking for new recruits to complete project.

Ms. Christine Holliday - Washington County

Ms. Holliday reported that Washington County is also going through transition; Mr. Vince McFadden retired October 2, 2014; member of the Hurricane board passed away unexpectedly, Commissioner Eardley, who has been a great support for the center, will no longer be in office beginning in January, and a bus driver quit without notice, but things are going well.

St. George Center - Hired a new transportation scheduler - able to be at the center more often for seniors to schedule; Music variety show was held, but not very well attended; AARP presentation on Scams and Fraud, classes on I-Phones and I-Pads; Early Stage Dementia class; genealogy computer lab, Breakfast for the Brain; Pickleball - two indoor courts are always busy; new Zumba with weights class, advanced Zumba, AARP Brain Fitness class - about 250 in attendance; New Friday Brunch. A generator was stolen and found people hanging out on the porch - looking at enhanced security with lights, etc.

Hurricane Center - New supervisor hired - moved from New Mexico and has experience in aging services. Local Thrift store closed; volunteers have joined the store at the Center and they are

doing very well. Chronic Disease class scheduled; no one showed up. Ongoing health screenings, PACE, exercises, classes continue. Hurricane board scheduled flea market the same day as the IronMan didn't work out as planned- will look at a different date.

Springdale Meal Site - providing lunch and activities

Enterprise - Movies & Potluck began again. Ongoing activities include health screenings, Wii competition with Scouts, bus trips bi-monthly to St. George. Presentations have included In-Home aging services, Hard of Hearing, Red Rock Center, and CPR classes. Brain exercise activities are provided during lunch as seniors don't stay at center after lunch. The Corn Fest has been the fund raiser for the center- will be trying something else.

Ms. Fayann Christensen - Kane County

Ms. Christensen reported things are going great in Kane County. Two Cooks at the Long Valley Center provide meals for the entire county, providing about 150 meals, three times a week and delivering to Kanab. Staff reductions have not affected the service provided; budget is balanced. Do not have a trainer for Chronic Disease or Arthritis classes - yet. Trips to Cedar City, St. George, Page, Cove Fort, Bryce Canyon, Page, and Flagstaff were provided. Seniors have attended concerts at Angels landing, Canyon of Symphony, and local talent shows. Providing ongoing activities including bingo, monthly birthday celebrations, health screenings, health presentations, ice cream socials, music monthly by the Baker Bunch. Wii bowling does not provide enough exercise; will try X-Box. The Happy Hookers continue to crochet flags for veteran's caskets; Busy Bees make jewelry and crochet. The Long Valley center has new cabinets and freezers; upgraded to commercial kitchen. No new Center for Kanab in the near future; will make due with current one. Vans are now in good working condition; will need a new Meals on Wheels truck - may purchase if funds are left at end of year.

Ms. Pam McMullin- Beaver County

Things are going well in Beaver County. Ms. McMullin reported the following monthly activities:

July

Milford received a new ice maker; old one repaired and sent to Minersville. Bingo is held at all

three centers; health screenings provided during games because of good turn out, and Hard of Hearing Presentations were held. Heated Bonko games and a big July celebration, where quilt was raffled. Milford sponsored a breakfast in July as a fund raiser. Beaver continue to have billiards three times a week.

August

AARP classes were held. More people than ever attended the county fair, "Make A Splash". Pulled pork sandwiches, cole slaw, chips, and berry floats were served. On August 9, 2014 a raffle was held at all the centers with a \$50 prize.

September

Meals on Wheels truck was repaired. Minersville held a Bazaar/Yard sale. The community donated items (no clothing) and proceeds went to the center. Hot dogs, chips, and root beer floats were sold.

October

Bus trip to the movie, "Meet the Mormons". Easter seal volunteer will continue. New driver in Beaver is well-liked by seniors. Numbers are good for meals, especially in Milford. Beaver continue to have 5-6 card tables for seniors - this allows seniors to participate in other activities, not just meals. Centers are fully staffed and Serve Safe certified.

IV. LEGISLATIVE & FISCAL UPDATE

Legislative Infograms

Ms. Schonlaw provided funding request infograms to council. The infograms give information on requested funding and benefits received. Priorities for upcoming session: (1) Nutrition - \$350,000 ongoing funding for Nutrition. \$300,000 was a one-time funding; requesting that this be ongoing with an additional request of \$50,000. (2) Caregiving - \$250,000 additional funding for informal supports to caregivers. Our portion of funding this year helped to fund memory activities classes held at the St. George and Cedar City Senior Centers. More in depth information on funding request can be found at www.mountainland.org/aging/funding or by scanning the icon on the form with smart phones.

Senior Day at the Legislature

Senior Day at the Legislature will be held on February 19, 2015. Ms. Schonlaw requested permission to use aging funds to provide travel, lodging, and meal reimbursement for 2 seniors from each County to attend.

MOTION WAS MADE BY MR. ARLEN GRIMSHAW TO USE AGING FUNDS TO REIMBURSE FOR TRAVEL, LODGING, AND MEALS FOR TWO SENIORS FROM EACH COUNTY TO ATTEND SENIOR DAY AT THE LEGISLATURE. MOTION SECONDED BY MR. DOUG MAXWELL. MOTION CARRIED UNANIMOUSLY.

U4A will be sponsoring snacks to legislators. Last year, all but one of our local representatives met with seniors during lunch at Senior Day! More information will be sent to County Coordinators in November and will be provided at next meeting in January.

V. NUTRITION PROGRAM- MS CHARLOTTE VINCENT PROGRAM NUTRITION SPECIALIST FOR DEPARTMENT OF AGING AND ADULT SERVICES

Ms. Carrie Schonlaw introduced Ms. Charlotte Vincent from the State office. Ms. Vincent reported that the our area is a great place and coordinators are doing a great job providing nutritional meals to help prevent malnutrition in seniors. She enjoys visiting and monitoring 2 centers in our area annually. Ms. Schonlaw thanked Ms. Vincent for her support and willingness to help.

VI. YEAR END PROGRAM REPORTING

The current fiscal year ended September 30, 2014 for federal reporting. Coordinators have done a great job in keeping the reporting system information up-to-date. The Five County Aging Office will be compiling the information for our area and receiving a two-year comparison from the State. Ms. Schonlaw will review the report and respond on any significant changes in units of services provided or funding changes. The final report will then be submitted in January, 2015.

VII. SENIOR HEALTH INSURANCE INFORMATION - MS. AMY BRINKERHOFF

Open Enrollment

Ms. Amy Brinkerhoff, Five County SHIP Coordinator, explained new changes in Medicare Advantage plans in our area. Any changes can be made during the open enrollment period - October 15 - December 7, 2014. Seniors who are dual eligible (Medicare and Medicaid eligible) can make changes at any time - but others can only make changes during open enrollment. She reported that there are no changes in Kane and Garfield Counties; Beaver now joining those counties with no longer having a Medicare Advantage Plan available to about 80 seniors in that area. Mr. Tom Everett, SHIP Specialist, will be in Beaver on Monday, November 3, to answer any questions on what is now available. Mr. Everett has presented information to seniors in Hurricane, Enterprise, and St. George, and will be in Parowan tomorrow, October 29, 2014. The biggest changes came in Iron and Washington Counties where Regence will no longer be providing a Medicare Advantage Plan. There were plans available to approximately 3,500 seniors who had been participating in that program. Any senior in our area may contact Ms. Brinkerhoff or Mr. Everett for information on available plans and to make changes to plans.

SMP Focus

Ms. Brinkerhoff reported that one of her priorities in our area is to help seniors with Medicare scams and fraud through outreach presentation at the senior centers. Medicare fraud is easy to prevent.

VIII. OTHER BUSINESS

- Home & Community Based Programs - these programs are available to help keep seniors in their homes with services that help keep it a safe environment.
- The Aging Waiver Medicaid Program - Ms. Carrie Schonlaw provided an overview of the eligibility requirements and services that may be provided through this program. requirements, and waiting list policy. Program information flyer was distributed.
- Open Forum/Discussion - Changes at the AOG Ms. Carrie Schonlaw reported that there have been changes with the Senior Corps volunteer programs (RSVP, Senior Companion, Foster Grandparents, as well as SHIP and SMP) at the AOG. These

programs will now be part of Aging Services, under her direction. Two new coordinators have been hired: Ms. Sheryl Gardner - Senior Companion and Foster Grandparent Programs) and Ms. Bonnie Hallman - RSVP. Ms. Amy Brinkerhoff will now be the SHIP and SMP specialist in the Cedar Office; Mr. Tom Everett SHIP in St. George. Ms. Cindy Rose, Cedar City, will be helping with RSCP, Foster Grandparent, as well as YVC, Youth Court, and Court-Ordered Community Service.

- Open Forum/Discussion - Changes in Preventative Health County Coordinators will work closely with Ms. Schonlaw with the change beginning FY2016 for use of Preventative Health Funding. Only the highest of the 3-tiers of services will be an allowable reimbursement. The CDSMP, DSMP, PACE, Arthritis Exercise, and Stepping One classes will be a great use for this funding. Ms. Tracy HeavyRunner is coordinating training for master trainers in each County and working to identify volunteers or staff that may be trained for those programs. Purchasing of supplies will no longer be an allowable expense.
- Open Forum/Discussion - The State of Utah is 1 of 10 states that have been approved for fall prevention funding. A RFP will be submitted for our area.
- Next Meeting - January 27, 2015 in Washington County.

IX. ADJOURN

Meeting was adjourned at 11:45 a.m. Lunch was provided by the Parowan Center.